



March 17, 2025

Dear Parents,

Young Hearts for Life® (YH4L) is pleased to offer all **Niles West High School** students a free, potentially life-saving ECG screening on **Tuesday, April 29, 2025**. Parent/Guardian pre-authorization is necessary for a student to be screened.

YH4L, the largest ECG screening program in the United States, will provide a FREE heart screening called an electrocardiogram (ECG) to identify young adults (age 12-24) at risk for Sudden Cardiac Arrest (SCA). More than 60 young adults die each week in the United States from Sudden Cardiac Death. Since 2006, YH4L has screened over 330,000 students and has identified more than 3,575 with previously undiagnosed heart conditions. Please be aware that repeat ECG testing is recommended every two (2) years.

A simple, painless, and non-invasive ECG can detect approximately 70% of the heart conditions that are associated with SCD, while a pre-participation physical can only detect 4% of these conditions. Additional evaluation and testing by your physician may be recommended.

We want to assure you that students' confidentiality, privacy, and individual modesty will be respected throughout all aspects of the program.

- Trained volunteers attach electrodes to the students' chest and limbs in preparation for the ECG.
- Clothing is not removed.
- No blood is taken. A painless, non-invasive ECG is the only screening YH4L offers.
- The ECG machine monitors the electrical activity of the heart and prints out the information about heart rate and rhythm. A trained cardiologist then interprets the printed ECG.
- Student results are available 2-3 weeks after the screening via a secure link that is sent to the parent/guardian email.
- YH4L is HIPAA compliant. Results are NOT shared with the school/district or any other entity.

The Young Hearts For Life® cardiac screening is FREE for all Niles West students through the generosity of the Endeavor Health, Niles West H.S., and YH4L Donors.

To learn more about YH4L and to register your child for this lifesaving screening, please visit our website at www.yh4l.org. Young Hearts for Life is a 501C3 tax-exempt organization. If you have questions, please contact us at 630-785-4366.

Sincerely,

Frank Zimmerman, MD
Medical Director, Young Hearts for Life®
Cardiologist, Advocate Children's Heart Institute

Joseph Marek, MD
Founder, Young Hearts for Life®
Cardiologist, Advocate Heart Institute

Niles West High School
Free ECG Screening
Tuesday, April 29, 2025

TO REGISTER YOUR STUDENT FOR THIS FREE SCREENING:

Go to [Student Registration for YH4L ECG screening](#) OR
scan the QR code with your phone's camera



Student ID # is needed for registration!

Sign-up to VOLUNTEER:

Thank you for your interest in helping us provide ECG screenings to the students at Niles West on Tuesday, April 29th. **New volunteers must attend a full training session held on Monday April 28th at the high school.** You do not need to attend full or refresher training if you volunteered with YH4L in 2022-2023. More than 90 volunteers are needed for this event!

1. [Sign-up for community volunteers for YH4L screening at Niles West HS](#) or scan this QR code to access volunteer sign-up on SignUp.com
2. Enter your email address (You do NOT need to create an account)



3. ***Sign up for a Training session on Monday 4/28
AND for a Screening shift on Tuesday 4/29.***
4. You will receive automated reminders from SignUp.com.
5. An email with finalized details about training and screening sessions will be sent to you the weekend before the screening via SignUp.com

If you have any questions, please contact: ADD SCHOOL CONTACT

**For more information about YH4L, please visit our website, YH4L.org*